

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: BUILD RECIPROCAL RELATIONSHIPS WITH COMMUNITY



**Do you feel supported by your community? Building reciprocal relationships is the key!**

*"The greatness of a community is most accurately measured by the compassionate actions of its members." — Coretta Scott King (a civil rights activist and wife to MLK)*

Sometimes we need support from our community, other times it is important to volunteer and give back to the community. This is what it means to build a reciprocal relationship. Although we may not be able to meet in-person for the time being, we can still be involved in our communities and be supported by them virtually. For a community to be great, it's members need to show compassion to one another.

Compassion is shown when you are understanding of the struggles that others experience, and desire to help them. This can be a small act of kindness, such as checking in on them and asking how they are doing, or a bigger act, such as offering that person a home cooked meal. When you act compassionately to those in your community, this energy will spread and make its way back to you!

### Practice Compassion Today:



1. DEVELOP PARTNERSHIPS ACROSS THE COMMUNITY. RESEARCH LOCAL ORGANIZATIONS. FIND ONE THAT CATCHES YOUR ATTENTION AND REACH OUT. SEE HOW YOU CAN HELP.
2. ESTABLISH THE COMMON GOAL YOU HAVE WITH THESE ORGANIZATIONS. THESE ORGANIZATIONS LOOK TO THE COMMUNITY FOR VOLUNTEERS, WHILE SUPPORTING THOSE IN THE COMMUNITY. THIS IS WHAT MAKES IT RECIPROCAL.
3. JOIN ONLINE COMMUNITY GROUPS/ FORUMS. MANY COMMUNITIES HAVE FACEBOOK PAGES / WEBSITES WHERE YOU CAN STAY CONNECTED WITH OTHERS, AND UP-TO-DATE WITH ONGOING EVENTS.
4. HOST COMMUNITY ACTIVITIES (OR DO THEM VIRTUALLY). IF THERE IS AN ACTIVITY YOU THINK WOULD BE A GOOD ADDITION TO YOUR COMMUNITY, START A GROUP.
5. ENCOURAGE OTHERS IN YOUR AREA TO JOIN IN BUILDING RELATIONSHIPS WITH THE COMMUNITY.



### Parent Practice Tip:

**Help your child(ren) get involved in their community at a young age to teach them the value of having a reciprocal relationship with their community.**

### To Learn More:

**What is a Community? (For Children)**

**Children Help Their Community**

**Role of the Community For Parents**

**[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)**